

FEBRUARY 19-21, 2010

CORONADO, CALIFORNIA

Entry Fees for JO's: Surcharge of \$20.00 (includes NCA surcharge (more for JO's) plus \$2.00 for a JO basket to raffle off at the meet) plus \$6.00 per event. Please turn entries into NCA team mailboxes in a **sealed envelope**, labeled JO's. **DO NOT MAIL THEM!!** On the back of the consolidated card please put your t-shirt size (child medium through adult sizes available) and proof of times if they were not done at a meet in our LSC. If you do not provide me with a t shirt size, it is my guess. Proof of times is where you got your time that qualifies you for this meet. Each event must be listed separately. There is a fine of \$100.00 for anyone who cannot prove a time at JO's. You may also include the page from the USA swim site as proof of times. Please fill out this card carefully!! All relay fees (\$4.00/relay) will be collected before or at the meet after relay teams are selected. Relays are subject to change. We will swim our fastest relays. We do them before the meet with the times that are available, but are subject to change depending on performance at the meet. If there are errors in times, or you know information that we don't know, please inform Sue. If you are 13/14 there is an 800 free relay Fri pm. If you are unavailable for **any** relay, I need to know this now! **Please attach a separate note on your entry card stating that you are unavailable.** Remember, this is a team effort meet; we need you for the Fri night relay, even though it is Fri night and traffic is bad!!! This is also the case for the relays Sat and Sun. If for any reason, you cannot swim those relays, you need to let me know **in writing** with your entry. Please make all checks out to NCA. Entries due by Monday Feb 8nd. **NO EXCEPTIONS!!!** If you are not swimming the 12/U meet, please turn in your entries **NOW!!!** You may sign up for all events that you have qualifying times in, and scratch down events at the meet. **PLEASE** see your coach before you scratch down. You are allowed to swim 6 events no more than 3/day. You may enter with LC qualifying times. Please use your LC times and not the SC minimum. Warm-ups Friday at 4:00 pm, **check in first!!!!!!** Expect **TRAFFIC!!!!** Saturday 7:30 team meeting with 8 am warm-up. Please check in **before the team meeting.** Sunday warm-up is 7:15 am check in after warm-ups. Team meeting at 8:30 Sunday. Please be on time all days for warm-ups!!!!!! Allow for traffic, missing exits, not knowing where the pool is etc. etc.

This is a **TEAM EFFORT** meet. We need everyone who is qualified to swim at JO's. If you qualify with long course times, you may enter at the **long course time not the sc minimum.** This meet has been very close in the past. We need all of you to help NCA score as many points as possible. Please clear your weekend for our championship meet! Thanks!

This year we are having a new, fun spirit activity. It is called the Secret Psyche. You will be given a name of a swimmer who will be at JO's. You will be their Secret Psyche. You will need to make a poster or card for them, cheer for them during their races, do nice things for them, but do not let them know who you are until the end of the meet!!!! This should not cost you anything either!!! More information will be e mailed to you when we assign you your Secret Psyche!

Reminder: NCA tarps are for swimmers only. Parents and siblings are encouraged to "camp-out" close by but not under the tarps.

Please remember our team timing responsibilities and sign up at the tarps. Thank you! All timers are entered into our end of LC season raffle for 3 free months of swimming!

JUNIOR OLYMPIC

SHORT COURSE

CHAMPIONSHIPS

SAN DIEGO-IMPERIAL SHORT COURSE JO'S

FEB 19-21, 2010

Girls				Boys		
	LC-M	SC-Y	AGE	EVENT	SC-Y	LC-M
Warmup 4:00pm				Friday, FEB 19, 2010		Meet Starts 5:00pm

1	10:25.99	9:10.99	13-14	800 F REL	9:02.79	10:20.79	2
3	5:24.69	6:02.99	11-12	500 FREE	6:22.39	5:45.79	4
5	10:39.89	11:31.69	13-14	1000 FREE	11:34.19	10:44.99	6

	LC-M	SC-Y	AGE	EVENT	SC-Y	LC-M
Warmup 7:30am				Saturday, FEB 20, 2010		Meet Starts 9:00am

PRELIMINARIES

7	-	1:24.39	10/U	100 IM	1:29.09	-	8
9	-	1:12.89	11-12	100 IM	1:16.99	-	10
11	6:02.39	5:10.99	13-14	400 IM	5:21.09	6:07.49	12
13	2:59.49	2:41.59	10/U	200 FREE	2:48.99	3:02.49	14
15	2:35.19	2:17.89	11-12	200 FREE	2:22.99	2:40.49	16
17	2:26.99	2:07.79	13-14	200 FREE	2:06.79	2:23.89	18
19	1:50.59	1:37.39	10/U	100 BRST	1:43.59	1:54.19	20
21	1:36.19	1:23.59	11-12	100 BRST	1:27.79	1:40.89	22
23	1:30.19	1:17.89	13-14	100 BRST	1:16.49	1:29.69	24
25	36.99	33.59	10/U	50 FREE	34.39	37.89	26
27	32.29	28.99	11-12	50 FREE	30.09	33.39	28
29	31.09	27.59	13-14	50 FREE	26.39	29.99	30
31	43.79	38.99	10/U	50 FLY	41.19	44.69	32
33	36.09	32.89	11-12	50 FLY	34.29	38.19	34
35	3:02.99	2:33.59	13-14	200 FLY	2:31.99	2:51.99	36
37	1:38.39	1:26.59	10/U	100 BACK	1:31.59	1:42.69	38
39	1:24.79	1:13.59	11-12	100 BACK	1:17.89	1:27.99	40
41	1:19.99	1:08.99	13-14	100 BACK	1:08.49	1:18.79	42

FINALS

ALL SATURDAY EVENTS [7-42] FINALS IN EVENT ORDER THEN

43	2:41.09	2:21.59	10/U	200 F REL	2:20.79	2:40.79	44
45	2:19.99	2:01.79	11-12	200 F REL	2:03.99	2:21.19	46
47	4:44.29	4:11.39	13-14	400 F REL	4:08.79	4:44.89	48

	LC-M	SC-Y	AGE	EVENT	SC-Y	LC-M
Warmup 7:30am				Sunday, FEB 21, 2010		Meet Starts 9:00am

PRELIMINARIES

49	5:12.39	5:44.99	13-14	500 FREE	5:48.29	5:10.79	50
51	50.29	44.49	10/U	50 BRST	46.89	52.59	52
53	43.29	38.79	11-12	50 BRST	39.89	45.99	54
55	3:13.39	2:48.79	13-14	200 BRST	2:48.09	3:15.39	56
57	1:44.49	1:29.09	10/U	100 FLY	1:38.89	1:53.19	58
59	1:24.09	1:13.29	11-12	100 FLY	1:18.39	1:29.09	60
61	1:17.39	1:07.99	13-14	100 FLY	1:07.09	1:15.59	62
63	45.39	39.69	10/U	50 BACK	41.39	47.59	64
65	39.39	34.19	11-12	50 BACK	35.79	40.89	66
67	2:51.29	2:27.99	13-14	200 BACK	2:29.59	2:51.49	68
69	3:24.69	3:03.19	10/U	200 IM	3:13.49	3:29.19	70
71	2:55.89	2:36.39	11-12	200 IM	2:44.39	3:03.19	72
73	2:46.79	2:27.99	13-14	200 IM	2:26.09	2:44.99	74
75	1:22.29	1:14.59	10/U	100 FREE	1:15.99	1:25.29	76
77	1:11.09	1:02.59	11-12	100 FREE	1:04.59	1:12.99	78
79	1:07.39	59.69	13-14	100 FREE	58.29	1:05.49	80
81	20:35.89	20:10.89	13-14	1650 FREE	19:43.99	20:24.99	82

FINALS

ALL SUNDAY EVENTS [49-82] FINALS IN EVENT ORDER INCLUDING

81	20:35.89	20:10.89	13-14	1650 FREE	19:43.99	20:24.99	82
83	3:08.29	2:45.29	10/U	200 M REL	2:49.79	3:12.29	84
85	2:40.79	2:19.69	11-12	200 M REL	2:24.49	2:44.19	86
87	5:25.99	4:43.19	13-14	400 M REL	4:37.99	5:17.19	88

SAN DIEGO-IMPERIAL SWIMMING

SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

February 19 - 21, 2010

HOST: SAN DIEGO-IMPERIAL CHAMPIONSHIP COMMITTEE
Meet Coordinator: Mary Redmond, email: seanmary@aol.com

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-06.

FACILITY: Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 8 lane 25 yard by 50 meter pool with separate 6 lane 25 yard warmup pool.

DIRECTIONS: I-5 to Coronado Bridge (CA-75) exit, turn left at the first stoplight onto Orange Ave, turn right at 6th Street. Pool complex two blocks down on your left. Parking on streets surrounding schools.

RULES: Current SI Swimming and USA Swimming rules will govern the conduct of the meet, and will take precedence over errors/omissions on this meet announcement.

- a. In all events the swimmers **MUST** swim the qualifying time in the meet to score.
- b. Swimmers may enter any number of events for which they are qualified. No swimmer may compete in more than 3 individual events per day and no more than 6 individual events for the meet.
- c. Each club may enter up to 2 relay teams in each relay event. To score, the time swum in the event must meet or better the minimum qualifying time.

ELIGIBILITY: This is a closed SI meet. All swimmers must be SI swimmers with a 2010 USA swimming card issued not later than Thursday, February 11, 2010. To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or 2 meets in the preceding qualifying year (starting from February 23, 2009).

QUALIFICATION TIMES: The qualification times are listed in this announcement. To enter, a swimmer must have met or bettered the qualifying times for each event: stroke and distance.

- a. **Swimmers who have met the long course meters time standard and not the short course yards time standard must enter their long course meter time. Swimmers who have met the short course time standard must enter their short course time. Swimmers will be seeded by short course yard time first, then long course meter time.**
- b. All qualification times must have been achieved since the first day of the preceding Short Course Championship Meet – February 20, 2009.
- c. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.

VERIFICATION: All entry times will be verified using the SWIMS database prior to the start of the meet. Coaches/teams that have provided an e-mail address will be notified of times not meeting the time standard. Swimmers not meeting the time standard for an event will be removed from the event.

MEET START TIMES: On Friday, the meet start time will be 5:00 pm with all events closing at 4:30. On Saturday/Sunday, the meet will start at 9:00 am each morning. Check-in for the first eight events of prelims will be closed at 8:30 am each morning. Check-in for all other events for each day will close at 9:00 am.

DISTANCE EVENTS

- a. The distance events [11-12 500 Free, all 1000 free, and all 1650 free] will be Timed Finals events.
- b. Friday individual events [3-6] will be swum fastest to slowest in event order, alternating women and men.
- c. 1650 Free Events: These events will be swum alternating sexes FASTEST TO SLOWEST. The fastest heat, by entered times, will be swum in the Finals before relays. All except the fastest heat of each event will be swum in the Preliminary Heats. Swimmers must provide their own lap counters and timers. Those who intend to swim these events must check in by 9:00 a.m. Sunday.

TIMERS: Friday all teams/swimmers must provide their own timers. Each team will be assigned appropriate timing duties at the meet for Saturday and Sunday.

MEET CONDUCT

- a. CHECK-IN: CHECK-IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS - EACH MORNING. The meet is a deck-seeded meet, requiring deck check-in. The penalty for failure to check-in by the closing time for an event is that the swimmer will be scratched from that event and not allowed to swim. Check-in for the first eight events on Sat/Sun will close at 8:30 am, the remaining events will close at 9:00 am. All Friday events close at 4:30 pm.
- b. DECLARATION OF EVENTS: At the first Check-in for each day, any swimmer with more than three entered events that day must select which three events s/he wishes to swim that day, and scratch the remainder. ALL SUCH SCRATCHES ARE FINAL. Additional scratches may be done, but the swimmer may not reenter an event once scratched.
- c. SCRATCHING FINALS: A swimmer who qualifies for a Finals Heat, and has not scratched, and wishes to withdraw from the event, may do so without a NO SHOW penalty only if:
 - (1) The swimmer involved, in person, notifies the Referee before the Finals start of his/her desire to withdraw and allow a reseeding of the Finals Heat(s) AND
 - (2) Is present at the Finals at the time of the event involved.
- d. BREAK BETWEEN HEATS AND FINALS: The Referee shall attempt to schedule at least a two hour break between Heats and Finals (Sat/Sun) when setting the start time for finals.
- e. FINALS: ONLY THE TOP EIGHT QUALIFIERS SWIM IN THE FINALS. There will be no consolation heats. 9th-16th places are awarded based on the preliminary heat times.
- f. RELAYS:
 - (1) Any swimmer may swim in all Relays in their age group.
 - (2) All relays will be swum in event order in the finals.
 - (3) Relay cards for the 800 Free relay on Friday are due to the meet coordinator by 4:30pm. On Sat/Sun the cards are due at 12:00 noon. Relays for which cards are not received WILL BE SCRATCHED at these times.

SCORING

- a. For both individual events and relays, the time swum MUST meet the qualifying time that day to be scored.
- b. Scoring shall include the Finals heat and the next top 8 Consolation swimmers in the Preliminaries.
- c. Scoring shall be as follows:
INDIVIDUAL: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1.
RELAYS: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2.